NUTRITION EDUCATION RESOURCES

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Montana Office of Public Instruction
**Today’s Objectives**

- Share available nutrition education resources.

- Discuss ways to adapt resources to fit your program needs.

- Share collaboration ideas to work with Family & Consumer Sciences professionals/students in your community.
AUDIENCE BACKGROUND

- In the chat window, please tell me where you work.
- In what town do you live?
- Please tell me what age groups you work with in your job.
  - Children?
  - Adults?
  - Senior Citizens?
What is FCS & why is this person talking about nutrition resources?

- FCS = Family & Consumer Sciences
  - Education
  - Extension

- Subject Areas:
  - Culinary Arts / Food & Nutrition
  - Housing / Interior Design
  - Clothing & Textiles
  - Personal / Family Finance
  - Human Development

- Career & Technical Education (CTE)
  - Requirements vary per school district for CTE
FCS NATIONAL STANDARDS

- Areas of Study - Nutrition
  - 9.0 Food Science, Dietetics, Nutrition
  - 14.0 Nutrition & Wellness

- Other Areas of Study
  - 1.0 Career, Community & Life Connections
  - 2.0 Consumer & Family Resources
  - 4.0 Education & Early Childhood
  - 6.0 Family
  - 7.0 Family & Community Services
  - 12.0 Human Development
  - 13.0 Interpersonal Relationships
  - 15.0 Parenting
MONTANA FCCLA

- Montana Family, Career, & Community Leaders of America (MT FCCLA)
  - 75 chapters
  - 1,304 student members

- The only student led organization with family as its central focus and functions as an integral part of the FCS education curriculum.

More information:
- www.mtfccla.org
- www.fcclainc.org
UTILIZING THE MSU EXTENSION SERVICE

- MSU Extension is a statewide educational outreach network that applies unbiased, research-based university resources to practical needs identified by the people of Montana in their home communities.

- The MSU Extension Service is an educational resource dedicated to improving the quality of people's lives by providing research-based knowledge to strengthen the social, economic and environmental well-being of families, communities and agriculture enterprises.
FCS Extension Agents Around Montana
Montana State University

HTTP://WWW.MSUEXTENSION.ORG/NUTRITION/
IOWA STATE UNIVERSITY
HTTP://WWW.EXTENSION.IASTATE.EDU/HEALTHNUTRITION/
IOWA: SPEND SMART. EAT SMART.

3 Easy Steps to Healthy Meals

1. PLAN
   - Reduce your food expenses by planning before shopping.

2. SHOP
   - Tips to find nutritious items & save at the grocery store.

3. EAT
   - Save time & money when

FEEDING YOUR KIDS

Want your family to eat healthy?
- Find quick, easy, and low-cost recipes
- Watch video demonstrations
- Rate the recipes and write comments

Explore SpendSmart Recipes
CURRICULUM RESOURCES
What’s the story of your food?

- Nourish is an educational initiative designed to open a meaningful conversation about food and sustainability, particularly in schools and communities.
NOURISH RESOURCES

- **Video clips** online & DVD
  - Viewing guide & worksheet

- **Free** middle school curriculum guide
  - Objectives:
    - Examine the story behind food.
    - Evaluate the effect of food choices on people and the environment.
    - Consider ways that food can nourish individuals, families, and society.
    - Take action to address food-related issues at home, at school, and in the community.
1. **The Story of Food**
   EQ: How does the food raised, processed, transported, and eaten impact both people and the environment?

2. **Seasonal, Local Food**
   EQ: How does eating locally grown and seasonal food benefit the health of people and the environment?

3. **Food Traditions**
   EQ: What can we learn about our culture and one another through foods we eat?
4. **Food and Ecosystems**
   EQ: In what ways do we depend on ecosystems for our food?

5. **Analyzing Food Ads**
   EQ: How do marketing techniques influence what we eat?

6. **School Lunch Survey**
   EQ: In what ways might we improve the food at our school?

**Action Project Ideas**
QUIZ TIME!
What food is this?

Cassava
What food is this?

Pumpkin
WHAT FOOD IS THIS?

Spinach
What food is this?

Mango
What food is this?

Plantain
What food is this?

Avocado
What food is this?

Papaya
WHAT FOOD IS THIS?

Okra
**CHOOSEMYPLATE RESOURCES**

- **Lesson Plan – ChooseMyPlate Around the World**
  - “Everybody Cooks Rice” by Norah Dooley

- **USDA**
  - [www.choosemyplate.gov](http://www.choosemyplate.gov)

- **G-W Publisher Worksheets**
  - [http://www.g-w.com/PDF/SampChap/MyPlate_Update.pdf](http://www.g-w.com/PDF/SampChap/MyPlate_Update.pdf)

- **Learning ZoneXpress**
FINANCIAL EDUCATION & NUTRITION
FINANCIAL EDUCATION RESOURCES

- Extension Websites

- Jump$tart
  - Best Practices
  - Jump$tart Clearinghouse
  - www.jumpstart.org

- Family Economics & Financial Education (FEFE)
  - FEFE’s mission is to provide educators with ready-to-teach lesson plans and materials free of charge, and the skills and confidence to effectively teach personal finance.
  - http://fefe.arizona.edu/
HOW CAN I USE THESE RESOURCES?
USING THESE RESOURCES IN YOUR PROGRAM

- Identify nutrition education topic(s) for your program
  - Keep community/audience in mind
  - Look through available resources

- Adapt time lengths to fit your needs

- Collaborate with community partners

- Get creative & think outside the box
WORKING WITH FCS PROFESSIONALS

Areas of Study

- 1.0 Career, Community & Life Connections
- 2.0 Consumer & Family Resources
- 4.0 Education & Early Childhood
- 6.0 Family
- 7.0 Family & Community Services
- 9.0 Food Science, Dietetics, Nutrition
- 12.0 Human Development
- 13.0 Interpersonal Relationships
- 14.0 Nutrition & Wellness
- 15.0 Parenting
WORKING WITH FCS PROFESSIONALS

- Is there an FCS professional in your area?
  - High school?
  - Middle school?
  - Extension agent?

- What topic areas are covered by the professional?
  - Child development
  - Personal/family finance
  - Nutrition/wellness

- No FCS professional? Who else in the community or school might be a potential partner?
WORKING WITH FCS EDUCATORS

- Make a connection with the teacher – share your thoughts/ideas/needs for a student service learning project.

- **Service-Learning** is a teaching and learning strategy that integrates meaningful community service with instruction and reflection to enrich the learning experience, teach civic responsibility, and strengthen communities.
Examples:

- An Early Childhood Education class teaching healthy snack choices to younger children in an after-school program.
- A Personal Finance class preparing financial tips/handouts for the backpack meals program.
- A Food & Nutrition class analyzes special nutritional needs of homeless people caused by exposure, fatigue, illness, etc.; develop suggested nutritional guidelines for groups that prepare meals for local shelters.
- A Family Living or Child Development class hosts a family health fair for standard check-ups and vaccinations with the local county health department.
WORKING WITH FCCLA CHAPTERS

- Do you have any professional or student organizations in your area that focus on community collaboration or service projects?
  - FCCLA

- Students are always looking for community ideas/projects within FCCLA!

- Nutrition Education connection
  - National Program – Student Body
  - STAR Events
**STUDENT BODY**

- Student Body = national peer education program which helps young people learn how to eat right, be fit, and make healthy choices.

- Three Units:
  - 1. Eat Right – Explore good nutrition, eating disorders, healthy snacks, supplements, and more.
  - 2. Be Fit – Take action related to lifelong exercise habits, obesity, sports training, and other topics.
  - 3. Make Healthy Choices – Choose a positive lifestyle by avoiding drugs, alcohol, and tobacco; managing stress, building self esteem, and practicing good character.
Example chapter projects:

- Partner with a local hospital to provide a community or school health fair.

- Create skits to teach ChooseMyPlate and the food groups to elementary students or an after school program.

- Create a booklet of healthy menus complete with recipes and shopping lists; publish and distribute at a local food bank or other local agency.
STAR EVENTS

- **STAR Events:**
  - Students Taking Action with Recognition are competitive events in which members are recognized for proficiency and achievement in chapter and individual projects, leadership skills and career preparation.

- **STAR Events examples:**
  - Focus on Children
  - Illustrated Talk
  - Nutrition & Wellness
  - Many more!
LET'S REVIEW
DID WE HIT THE TARGET?

- Share available nutrition education resources.
- Discuss ways to adapt resources to fit your program needs.
- Share collaboration ideas in working with Family & Consumer Sciences professionals/students in your community.
Education if the most powerful weapon which you can use to change the world.

~Nelson Mandela
QUESTIONS?
CONTACT INFORMATION

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